



Referee, do you always
enjoy the game?

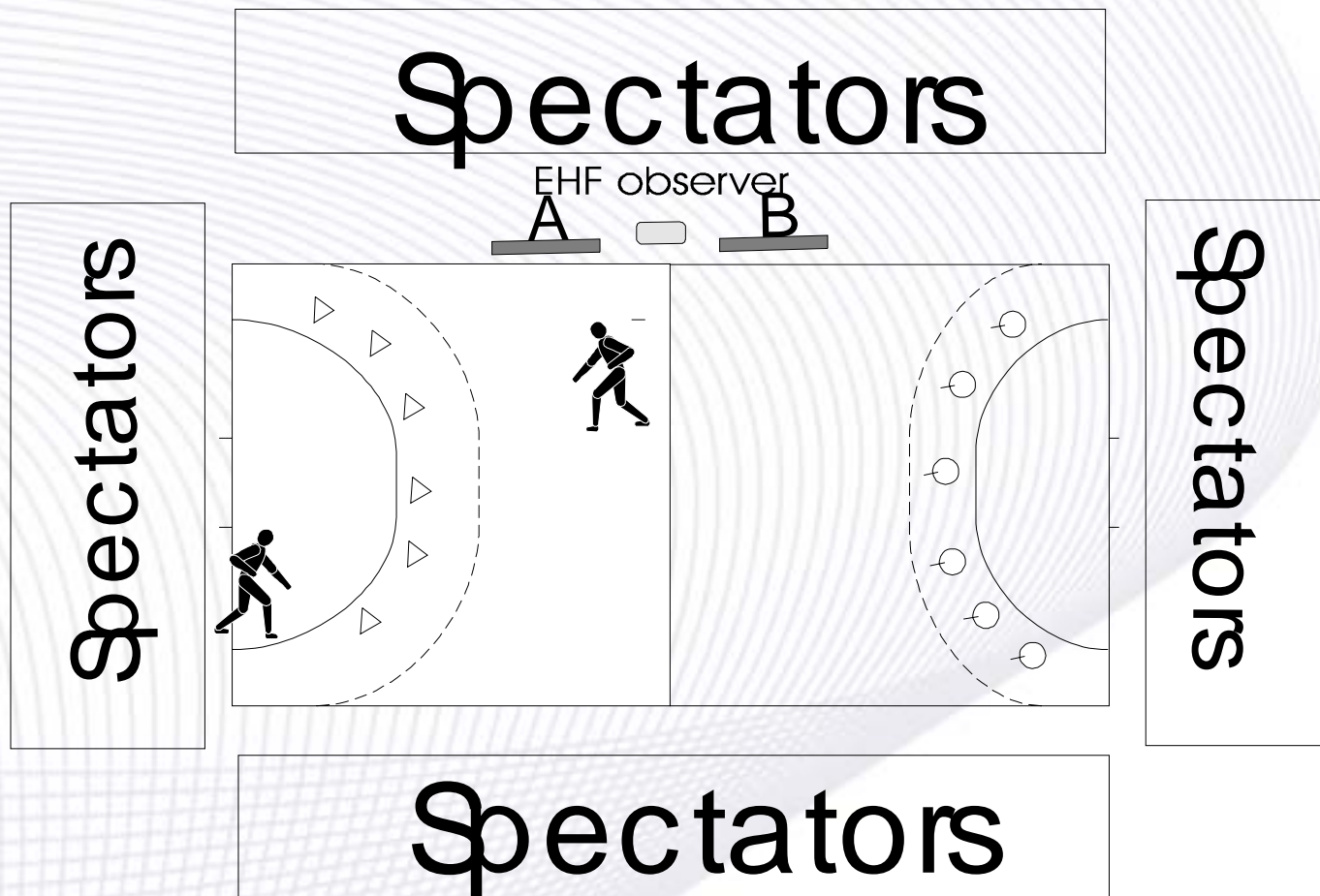
⌘ Or are you caught by the stress



Who is involved in the game

- ⌘ Players
- ⌘ Coaches
- ⌘ Referees
- ⌘ Timekeeper
- ⌘ Observer
- ⌘ Spectators

It is hard to make a good decision for everybody





They all have:

- ⌘ different goals
- ⌘ different tasks
- ⌘ different expectations
- ⌘ different knowledge
- ⌘ different views
- ⌘ This may stress their relation and communication

*A coach may loose his job,
but for a referee it is hobby!*



Coach - referee before the game

- ⌘ Shaking hands
- ⌘ Communication: about the weather?

The higher the stress the
more errors



Wrong decisions
by players, coaches and referees

Coach - referee during the game



- ⌘ Enemies? Result against Handball the Game
- ⌘ Eye contact
- ⌘ Body language (approval/disapproval)
- ⌘ Communication, shouting?
- ⌘ Yellow card/red card



What enhances stress

- ⌘ The score difference
- ⌘ The time clock (15 minutes or 59 minutes)
- ⌘ Tactics (open defence, man to man)
- ⌘ The noise of the spectators
- ⌘ The behaviour of the coaches
- ⌘ Observers
- ⌘ New rules or topics raised by EHF/IHF



How to avoid stress

- ⌘ Good physical condition
- ⌘ Education (knowledge about handball tactics and technics)
- ⌘ Information before the game
- ⌘ Sufficient experience with the level

Be well prepared for the game!

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How do we learn?



HOE LEREN WE?????



10% van wat we LEZEN



20% van wat we HOREN



30% van wat we ZIEN



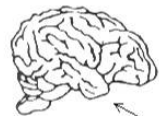
70% van wat we HOREN en ZIEN



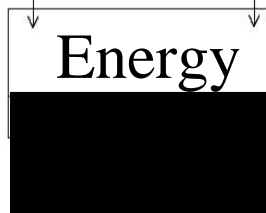
80% van wat we zelf ZEGGEN

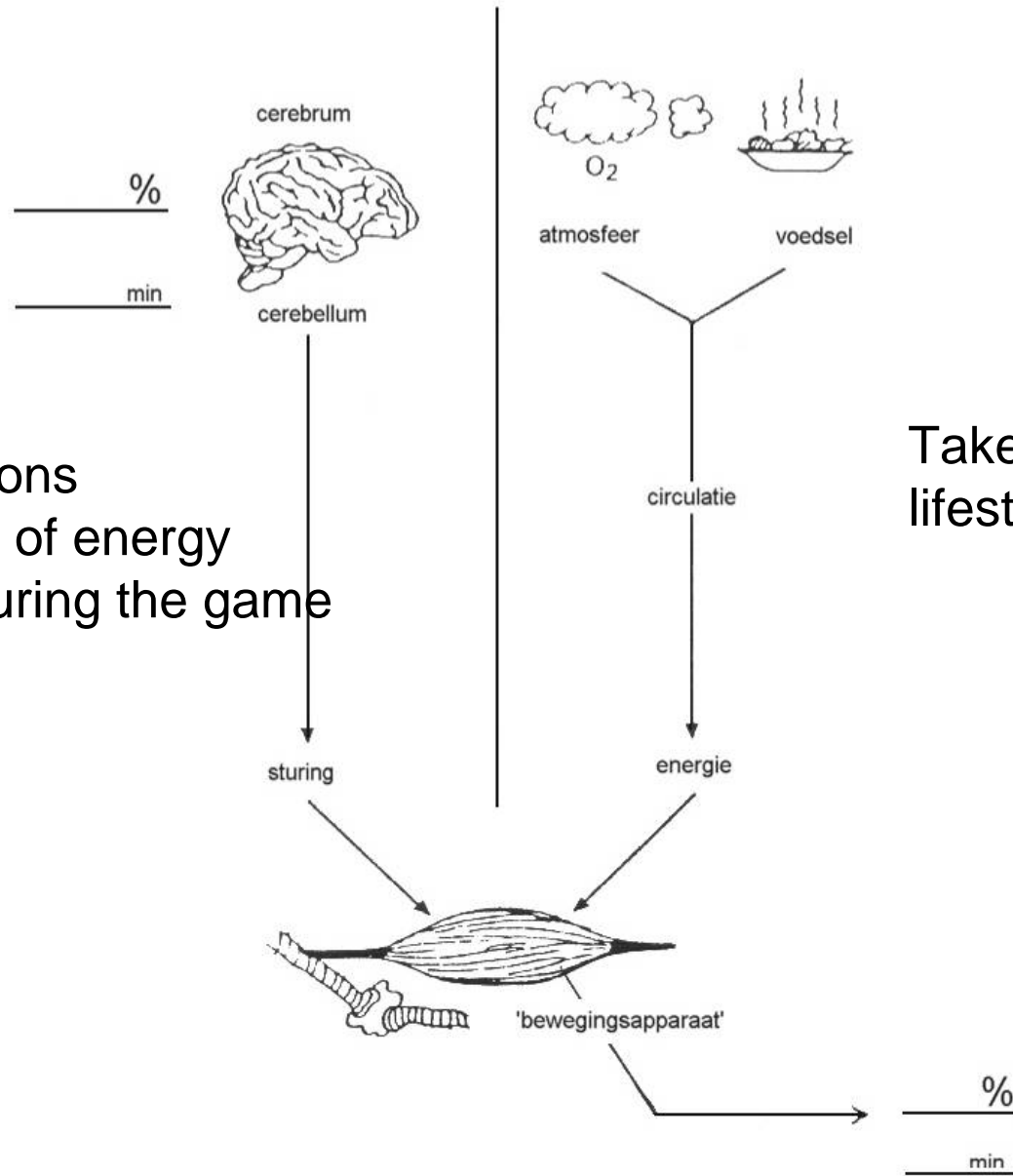


90% van wat we zelf UITVOEREN



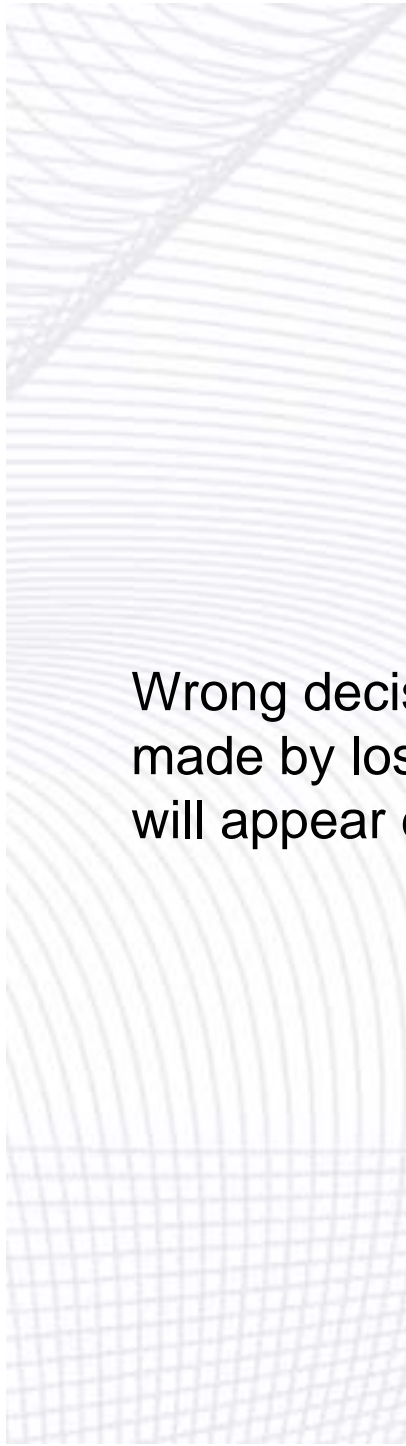
Energy





Wrong decisions made by loss of energy will appear during the game

Take care of your lifestyle





How to manage the stress

- ⌘ Be aware that you are stressed
- ⌘ Do not show it (body language), because the other parties will try to take advantage of it
- ⌘ Try to bring structure in the game
- ⌘ Communication with your colleagues
- ⌘ Try to keep an open communication with the coaches
- ⌘ Accept that you make mistakes, but do not try to compensate them

Subjects of conflict between coach and referee



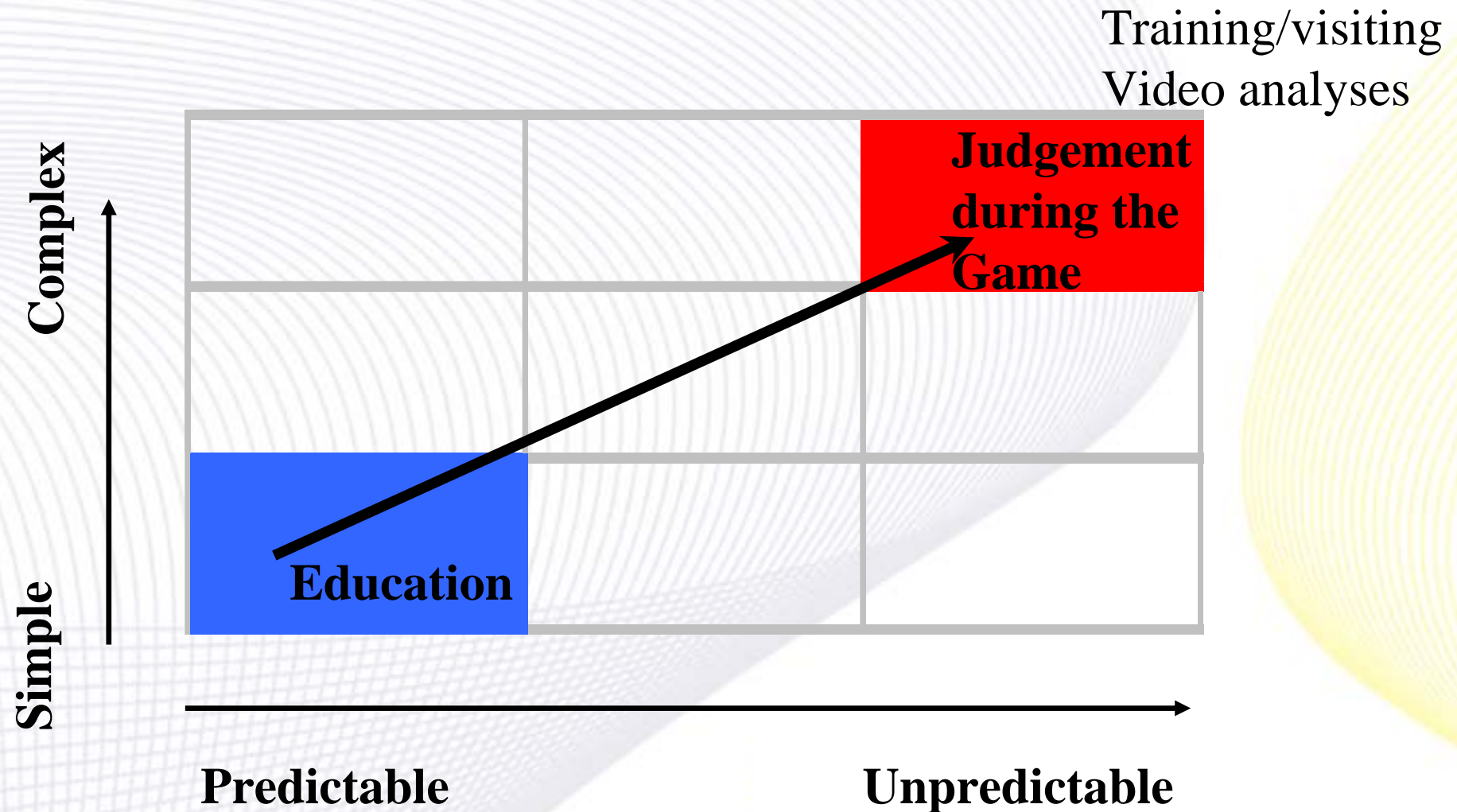
Defence

- ⌘ Offensive foul
- ⌘ Fouls at the wing players
- ⌘ Progressive punishment

Attack

- ⌘ Steps
- ⌘ Passive play
- ⌘ Blocking

Decision areas



Complex situations



- ⌘ At wings
- ⌘ Line players
- ⌘ Defense in goal area
- ⌘ Landing and throwing
- ⌘ Pushing frontal/at side jump shot
- ⌘ Passive play
- ⌘ Free throw at end of game

Coach - Referee After the match



- ⌘ Shaking hands
- ⌘ communication
- ⌘ discussion - who dares?
- ⌘ Video
- ⌘ Training, not only theoretical but also practice

Core Qualities

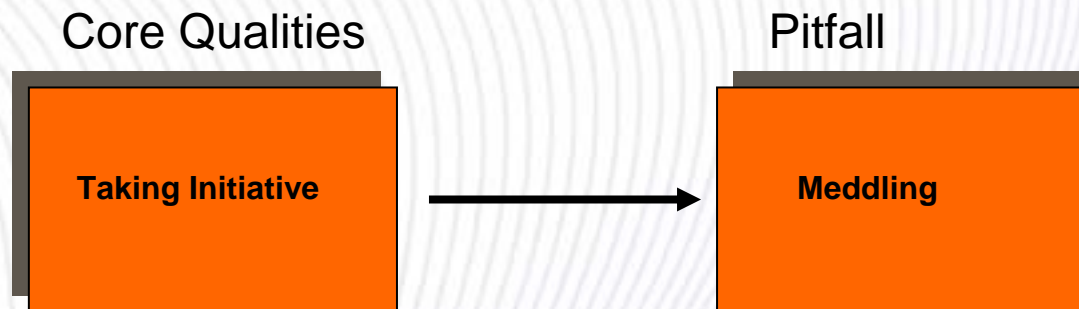


A core quality is someone's specific strength, independently of circumstances.

EVERY CORE QUALITY HAS A POSITIVE AND AN opposite SIDE

for example:

Someone rich in initiative is usually perceived as positive. Too much initiative however, and the person can be perceived a meddler.

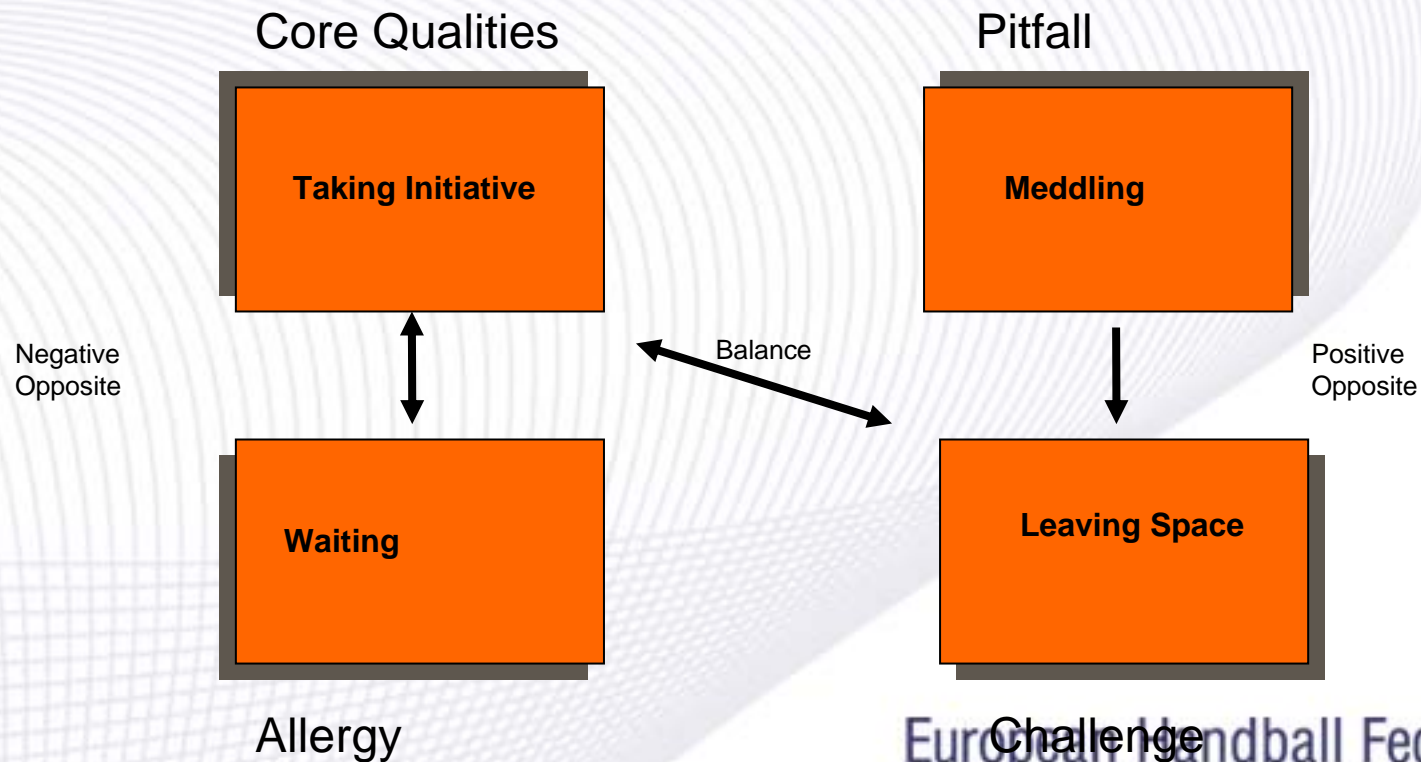


Core Qualities



By visualising the opposite of a core quality, the positive opposite can be defined.

For example "leaving space" can be seen as opposite of "taking initiative".



Core Qualities Referee



Core Qualities

1. Knowing the rule of the game
2. Knowledge of handball
3. Leadership quality
4. Personality

Pitfall

1. Whistle overkill
2. Taking the trainer's role
3. meddling (disturbing the game)
4. Arrogant

Negative
Opposite



1. Compensate no recognisable line
2. Only applying the rules
3. Laissez-faire (never mind)
4. Timid-insecure

Allergy

Positive
Opposite



1. Making the game rules serve the game
2. No meddling in the way being played
3. Leaving space
4. Being accepted

Challenge



Core Qualities

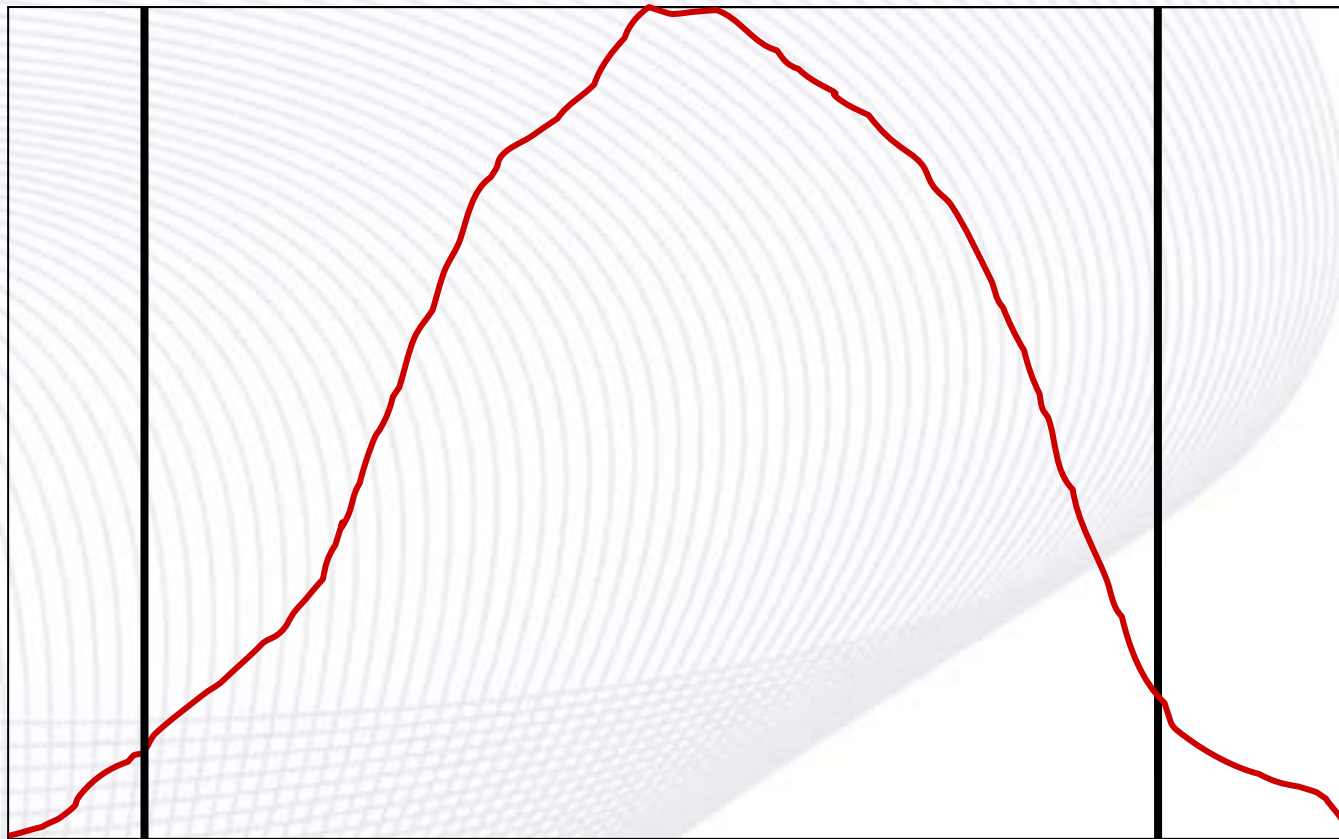
1. Form duo's
2. Put in your strong side/put in the Pitfall
3. Than have a short discusion with each other about these 2 points
4. Put in your Challenge/put your allergy
5. Than have the discusion again about the 4 points
6. Who wants to show the seminar his experience



GAUSS KROMME



0 10 20 30 40 50 60 70 80 90 100



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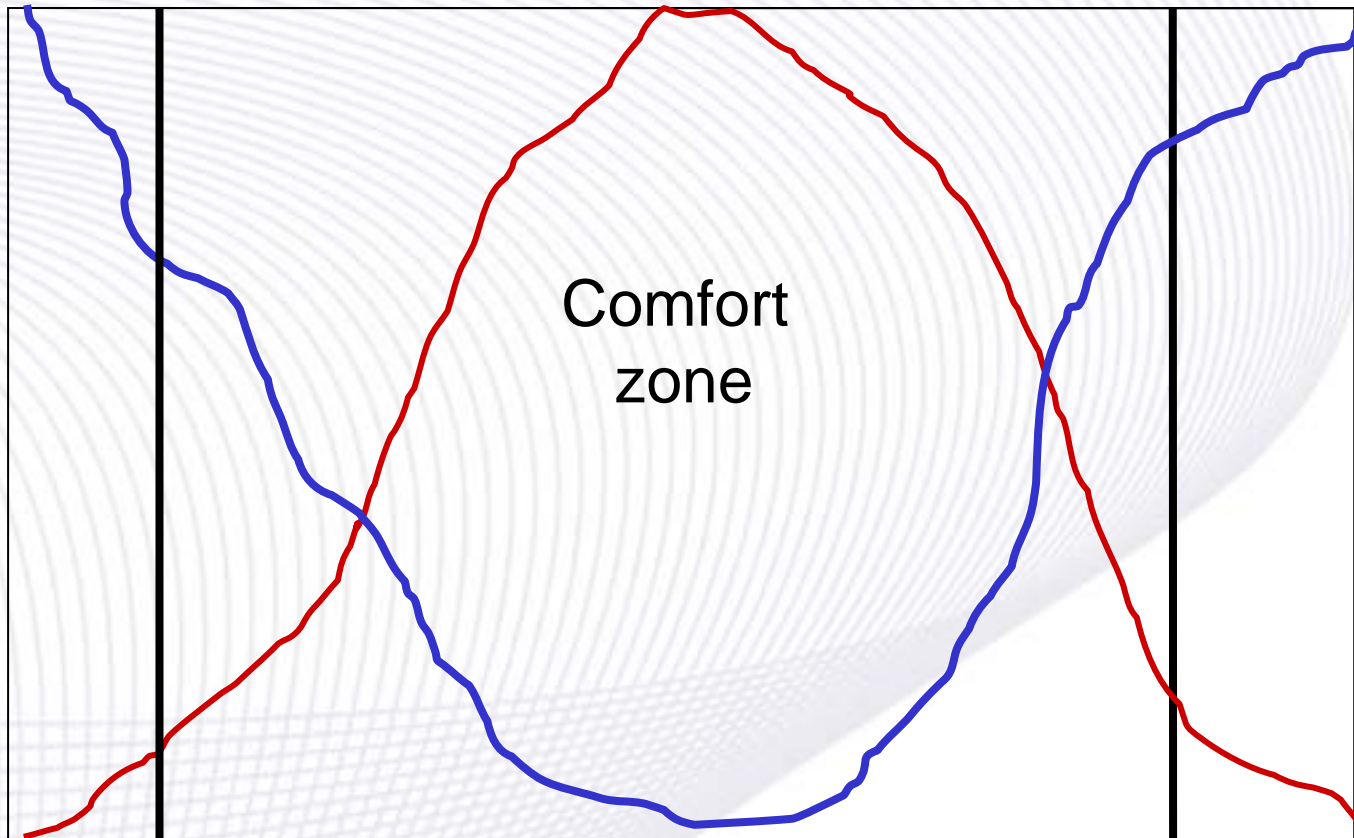
.....één **stap** verder!



Stress



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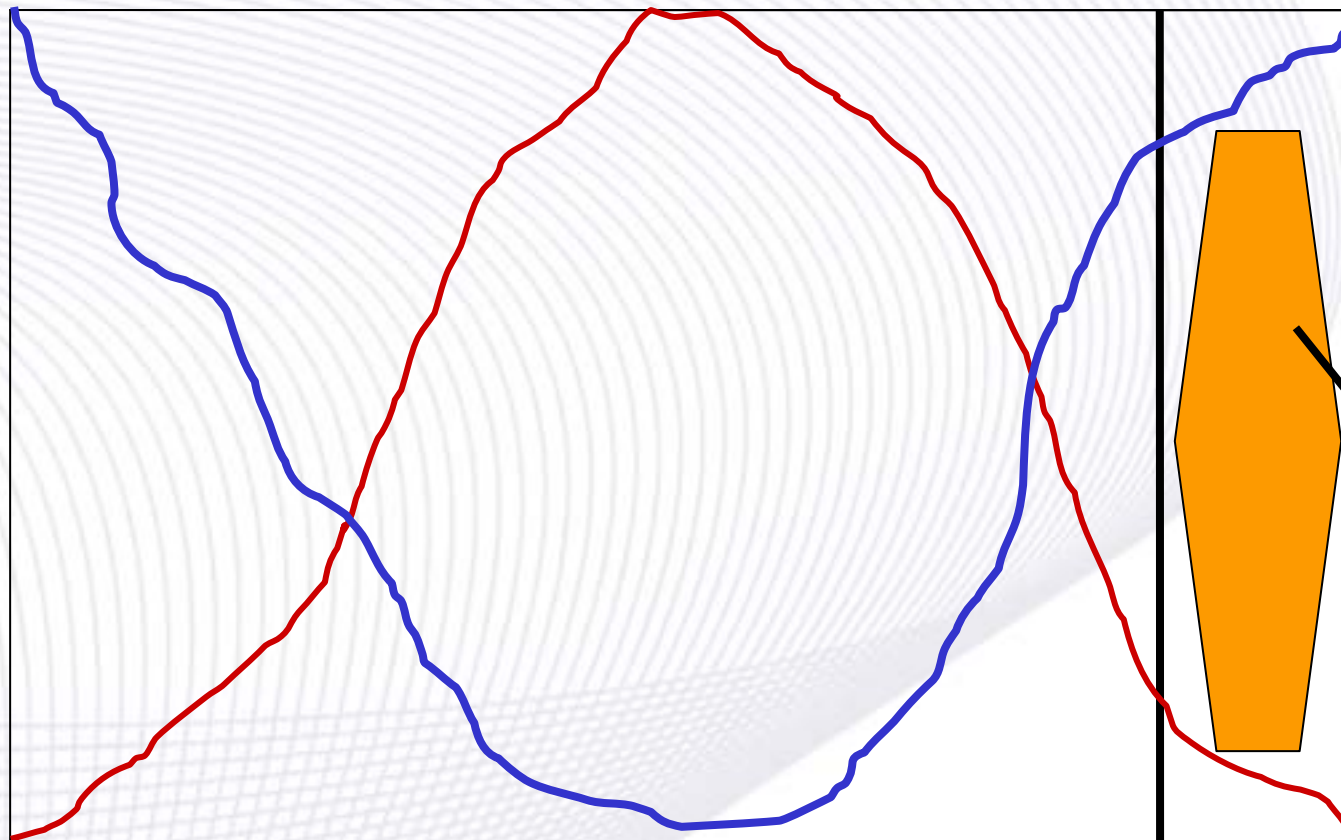
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TOPSPORT



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FOCUS

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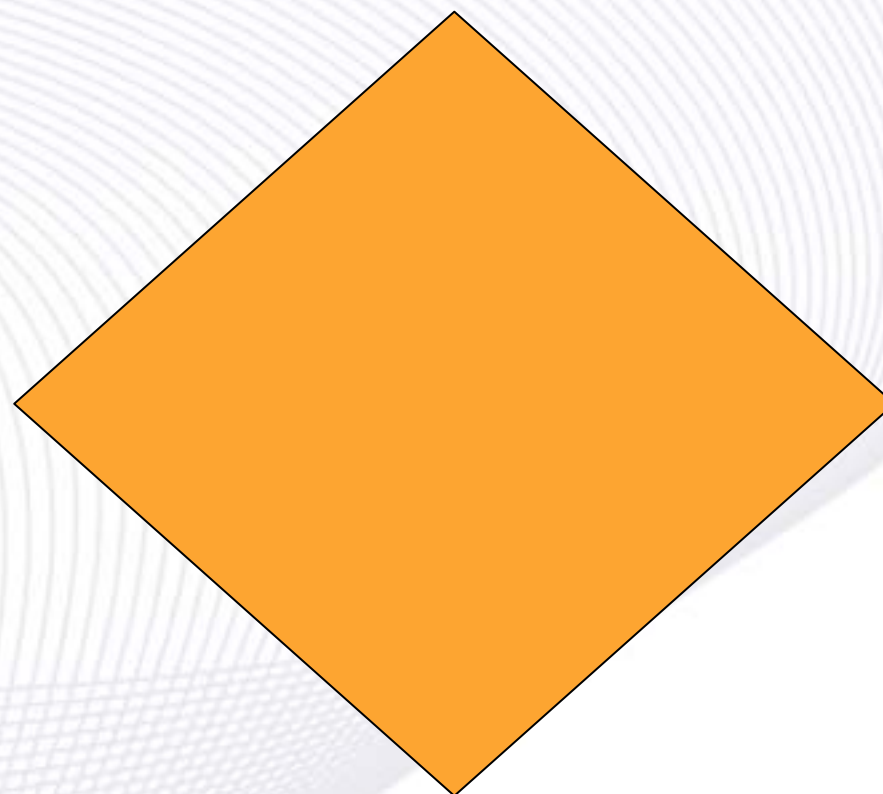
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Motive to be a referee



Learning & developing

To own & to collect



BINDING

To Defent

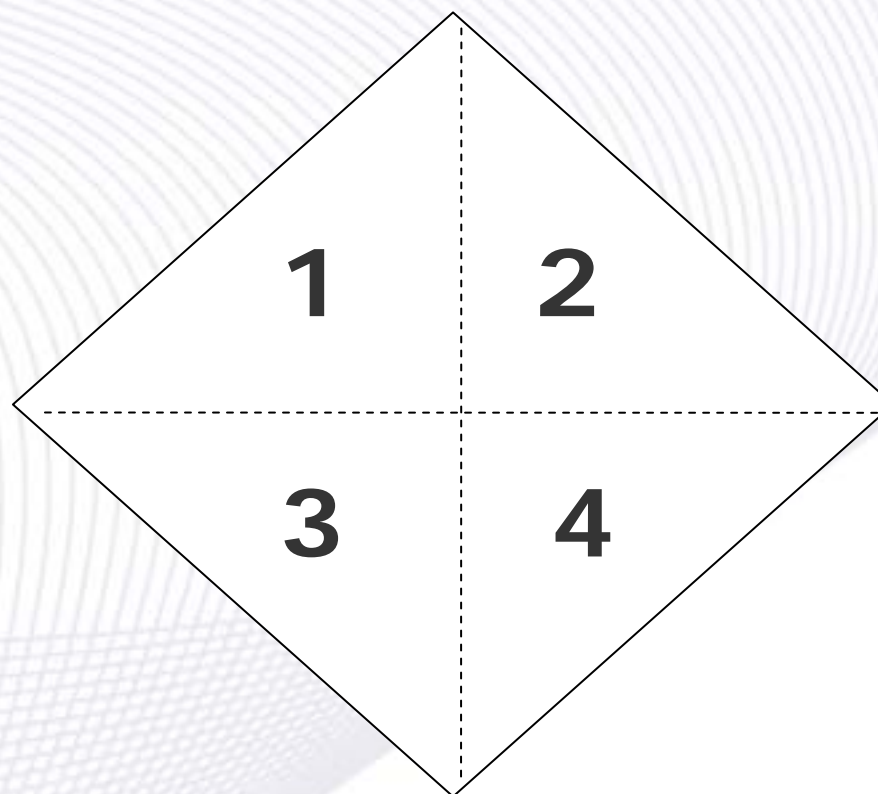
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The Top Sport Law

Programme

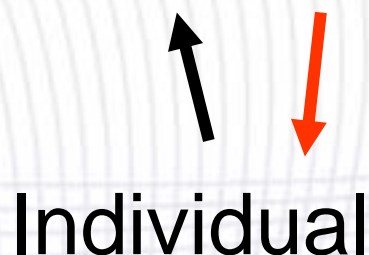
Internat. programme



National competition

Referee

Assistant referee



Individual